



CHALLENGE YOURSELF!

Stay Hydrated

How much water do you need?

- Body weight / 2 = # ounces of NON-CALORIC fluids daily
 - Example: 200 pounds / 2 = 100 ounces of non-caloric fluids daily
 - 12 ½ cups
 - 3 ½ liters
- Don't wait until you feel thirsty—by then you are already dehydrated!

How do you know if you are well-hydrated?

- Urine is pale yellow, you use the restroom frequently

How much caffeine is appropriate for a healthy diet?

- Less than 250 mg per day is okay (and these fluids may count towards goal)
- 250 mg – 500 mg...think about reducing.
- More than 500 mg—Reduce intake.

Caffeine contents:

- 8 oz coffee = 100 mg
 - 8 oz hot tea = 50 mg
 - 8 oz iced tea = 25 mg
 - 1 diet soda = 25 mg
 - 1 oz dark chocolate = 20 mg
- Common medications = 65 mg

TO CREATE HEALTHY HABITS